VITAL SIGNS

VOL VI No. 2 Naval Regional Medical Center, Orlando, Florida 1 December 1982

To each and every staff member

We wish you a beautiful holiday season

CAPT L. R. Fout
Commanding Officer

CAPT W. J. Schefstad
Director, Clinical Svcs

CDR W. M. Buckley, Director
Administrative Svcs

CAPT L. E. Nickerson
Director, Nursing Svcs

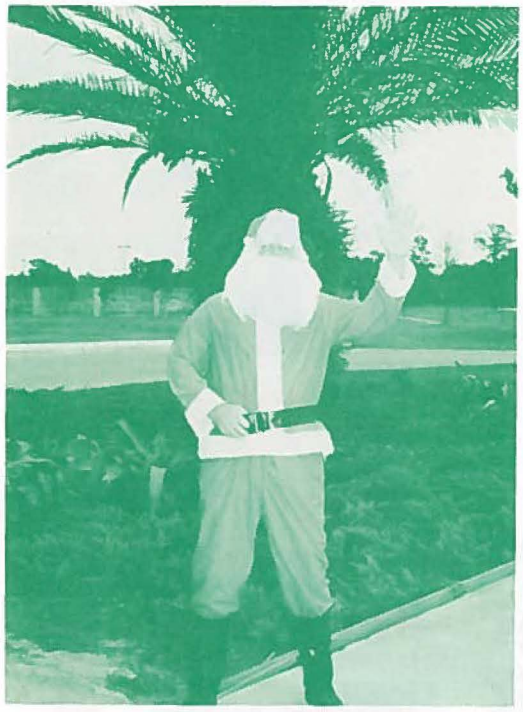
WANTED!

. . . STAFF MEMBERS WHO HAVE ARTISTIC ABILITY AND WHO CAN VOLUNTEER TO HELP ON A NRMC PROJECT.

Please call:

HMCM Templeton, X4919

Whoooizzit?



Santa Claus came to Florida early! Whoooizzit? Answer on Page 12.

4.0 . . . By the book!

Personnel Inspection was held on 18 November.

The following personnel were noted for excellence:

CDR R. Dy, MC

LCDR S. Pollard, NC

CWO3 F. Summer

CWO2 M. Grizzle

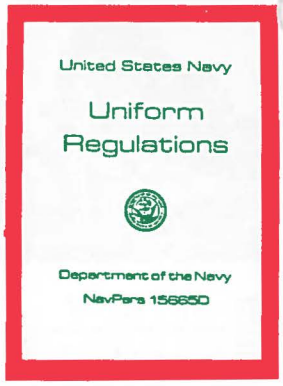
HM2 K. Hice

HM3 P. Nerio

HM3 E. Torres

HN J. Kadel

HN G. Brown



Happy Holidays

American Red Cross

Volunteer hours for October - 1856 1/2

Vital Signs' Staff

Editor:
HMCM(SS) R. C. Clements, USN

Managing Editor:
Mary V. Van den Heuvel

Nursing Services Coordinator:
LT C. M. Pagliara, NC, USN

Ramp Page Reporter/Photographer:
HM1 Bogan McQuigg, USN

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Commanding Officer: CAPTAIN L. R. FOUT, MC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

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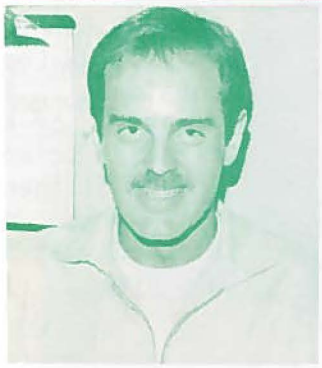
STETH - O - SCOOP

Vital Signs

By HM1 Bogan McQuigg, USN

This page especially for the CA's

Which Christmas was your most memorable?



HM2 D. Tomlinson, Div. #3: "Being picked up by a 32-year-old lady lawyer on Christmas Eve on Park Avenue!"

HN M. Helms, Div. #7: "When my brother went UA from the Navy just to be home for Christmas!"

HN J. Wills, Div. #7: "When my Dad came home from Viet Nam after being gone for 1½ years!"

HA R. Carter, Div. #2: "1980 Christmas night. My friend and I had his sister's car and we got stuck .... on the high school grounds.... when we were cutting donuts!"

HN T. Currier, Div. #5: "3 years ago.... I was with my family and that was the last time my family was together.... and the last time that I got any gifts from them! Hint! Hint!"

HM3 D. Holzschuh, Div. #7: "Christmas, 1981. My first Christmas away from home, spent with my roommate and friends with my first real Christmas tree with homemade trimmings."

Staff Journal

Captain on the receiving end!

On 12 November, Captain Fout was presented a membership certificate for the Air Force Association. The certificate was presented by Louis C. Kriebel, President of the Central Florida Chapter 303.

Reenlistments

Captain Fout presented Mrs. Yoshiko Malenofski with a certificate on the occasion of HMCM Henry Malenofski's reenlistment on 29 October.

HM2 Laurie Scruton, CPD, was reenlisted on 16 November by LCDR Ronald E. Butcher, NC, USN.

Green Belt

HN Jose A. Lopez, Medical Records, NRMC Annex, proudly shows his Green Belt for Japanese Karate, which he was awarded on 30 October. HN Lopez has actively participated in the art of Karate for four years. HN Lopez considers the practice of Karate a science and he diligently works out every day at the NTC Gym.

Who's Who

Jo Anne Dorgan, our Red Cross worker at the Information Desk, was recently selected as a recipient of the Who's Who Among Students in American Universities and Colleges award. Jo Anne was recognized for her outstanding merit and accomplishments as a student at Orlando College.

Fleet Reserve

HM1 John T. Dailey, USN, Radiology Service, steps off en route to the Fleet Reserve at the conclusion of his ceremony on 29 October.

Letters of Appreciation

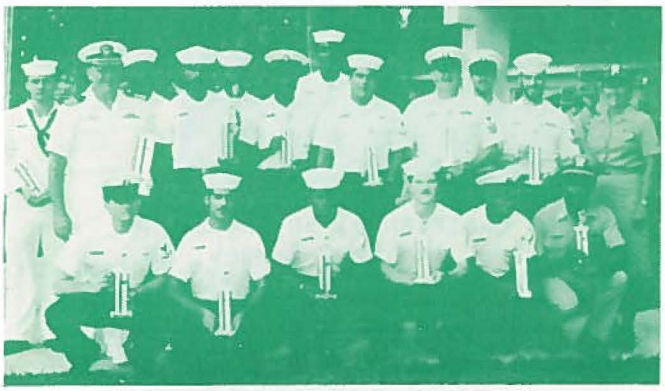
Captain Fout presented a letter to LCDR James M. Meek, MC, on 7 November as he commenced terminal leave.

A letter for a happy LT Mary DeSalvo, NC, as she departed the command for duty at NRMC Guam.

Captain Fout congratulates ET3 R. C. Brabec on his Letter of Appreciation as he completed his TAD tour. Petty Officer Brabec, a NPS student, was assigned to the Laboratory to assist in the Drug Screening Program.

Football

NRMC's football team placed second in the Commander's Cup Football League. RADM Hartington, Center Commander, presented Captain Fout and HM3 R. Pumphrey, the coach, the command trophy. The League was won by NPS but they were unable to represent the base at the Divisional Championships at Mayport so NRMC fell heir to the honor. They proudly brought back the second place trophies.



The team, pictured with RADM Hartington and Captain Fout are as follows: Left to right - front row: HM3 T. Van Pelt; HN J. Saadat; HN G. Brown; HN A. Montgomery; HN R. Cain; and LT H. Simpkins. Second row: CAPT Fout; HN D. Manning; HM3 E. Paige; HM3 F. Bolanos; HM1 William Lovelady; HM2 S. Helton; and RADM Hartington. Third row: HM2 F. Thompson, HN D. Frett; HN R. Hart; HN C. Abrams; and HM3 R. Pumphrey.

We continue featuring Nursing Services

Obstetrics - Newborn Nursery - ICU/CCU

. . .from assisting birth to fighting death

It is perhaps fitting that these areas of Nursing Services are recognized at this time of the year as, historically, this is one of their busiest times.

The Obstetrical Unit consists of a 12 bed postpartum unit, three labor beds with fetal monitoring capabilities, and two delivery rooms. The unit is staffed by ten civilian registered nurses and ten licensed practical nurses under the supervision of LCDR Judith Twarog. The Newborn Nursery has a bassinet census of 12 with a nursing staff of five registered nurses and six Hospital Corps personnel.

The ICU/CCU area is the most challenging unit on Nursing Services. This multi-service critical care setting provides training and practice in advanced skills and requires sincere dedication and acceptance of responsibility on the part of the staff. The charge nurse is LCDR Debra Beaty who is assisted by seven military nurses, one civilian LPN, and 15 Hospital Corps personnel.

LCDR Judith Twarog, NC, Charge Nurse, Phyllis Burke, RN, and Lois Daily, RN.

Margaret Castrianna, on phone, HR John Morrow, and Mary Ramsey, RN.

Wanda McCune, RN, left, and Jean Long, RN.

HA Dana DeLoach (on left), Mary Ramsey, LPN, and Herminda Pausal, LPN.

Left to right: HA John Plantin, Peggy Billups, RN, and HA Kenneth Whalen.

Left to right: LTJG Rebecca McCormick, NC, HN Kenneth Roark, LCDR Debra Beaty, NC, Charge Nurse, ICU/CCU, and HN Linwood Toppin.

LT Donald Davis, NC, HN Dale Haynie, and HN Kristine Essert.

LT John Gutch, NC, and HN Kevin Walker.

LT Joyce Dresher, NC, HA Geoffrey Pereira, HR Patricia McCormack, HN John Soto, and HA Robert Jasso.

ENS Bruce Peterson, NC.

LT Cheryl Smith, NC, and HN Sheila Thomas.

NURSING SERVICES

Column Coordinator: LT C. M. Pagliara, NC, USN

"Tis the season to be jolly!"

It's hard not to get caught up in the celebration of the Christmas season. The lights and anticipation of the holiday spirit of peace and goodwill are all exciting. For Christmas, like the celebration of all the major religions, has a message for everyone.

Words have the power to change our lives. In the beginning, the word articulated one of the great mysteries of the Christmas story. But the idea that words are real, is no mystery. It is something we all know and understand.

When you were a child, there were many times when you fell down and hurt yourself. The pain of those incidents are probably forgotten. But there are other times, when a teacher embarrassed you in front of the class, when a person you cared about betrayed a confidence, and those words continued to hurt long after the physical injuries had healed.

Words are real. They are invisible, weightless; they disappear seconds after they are spoken. But they have real power -- to wound, to heal, to bruise, to bind.

This year, let's give our friends and family words as well as things. Let's celebrate this holiday season by taking the words that characterize it -- words of love and joy and faith; words of light, hope and courage; words of peace and goodwill -- and help to make them REAL!

Somehow, not only for Christmas
But all the long year through,
The joy that you give to others
Is the joy that comes back to you.

Marilyn Mangum LCDR, NC, USNR

LAB LINE

CAPT P. E. Petit, MC, USN

The Lab's own WHOOOIZZIT!

This month the Lab staff decided to have our own WHOOOIZZIT picture. Take a look at the "Punk Rock Star" and guess who it might be. The Lab crew believes in working hard and playing hard and recently we played exceptionally hard at a Halloween Party hosted by HM2 Eric Olayos and his wife, Pam. Adding to the fun and festivities was the "character" in the picture. During working hours, he can be found taking care of supplies and administrative problems. In case you haven't guessed, it is our one and only leading Chief, Petty Officer, HMC Frank Connor.

The entire Lab crew would also like to take this opportunity to wish all NRMC staff members and their families a happy and joyous holiday season. We sincerely appreciate the help and cooperation of everyone this past year, and look forward to continuing our efforts to provide the best possible quality service during the new year. MERRY CHRISTMAS AND HAPPY NEW YEAR TO EVERYONE!

Staff Christmas Party

Saturday, 18 December

WATCH FOR FLYERS FOR ADDITIONAL INFORMATION

PLAN TO BUY YOUR TICKETS EARLY!

CAREER COUNSELOR'S CORNER

HM1 Patricia M. Johnson, USN

DPS: It's your decision

I recently reviewed a member's set of orders and found the following quote: "NO DUPREFS ON FILE IN NMPC; ASSIGNED IAW SERVICE NEEDS." Translation is: No dream sheet on file at the Bureau so assigned in accordance with the needs of the Navy. This particular set of orders was to the 3rd Marine Division, Okinawa, Japan.

The "Dream" Sheet is your link between getting what you want while satisfying the needs of the Navy. In general, your Duty Preference Sheet can prove effective by your requesting a location that has a billet for your Navy Enlisted Classification (NEC) and pay grade. For married personnel, the completion of a Duty Preference Sheet acts as a direct communication vehicle which allows the Detailer to stay abreast of your personal and family situations. By using the section allotted for personal remarks, you can explain, for example, that your dependents have a special medical or school problem that requires assignment to a certain area.

Duty Preference Sheets can be submitted as often as desired, and should be completed shortly after arrival at a new command. If you fail to complete one when you arrive, one should be submitted within 10 months of your Projected Rotation Date (PRD). It takes approximately 90 days for a Duty Preference Sheet to be entered into your record after leaving a command. It's your decision. Stop by and see me.

* *Merry Christmas* *

AND BEST WISHES FOR A HAPPY NEW YEAR

Patricia M. Johnson

CHAPLAIN'S COMMENTS

LT J. L. Doss, CHC, USN

A Christmas Prayer

O Lord, whose ways are higher than our ways, whose thoughts are higher than our thoughts, and whose love proclaimed messiah's birth through the babe at Bethlehem; we worship you. This sacred season of the year is pervaded by possessiveness. We confess being given to covetousness. Lured by commercialism, we are often anxious and vain. Forgetful of those who have little, we splurge on ourselves. We often give most to those least in need. Our priorities become confused when we forget the Lord ....

in the manger....
the life he lived....
the teachings he taught....
and the death he endured.

Forgive the greed, shortsightedness, and stubbornness that stifle our lives and dog our spirits. Lead us in right paths of new commitment for your name's sake.

We are surrounded by the technicolor of the season, a massive display of tinsel and trappings wrapped in commercialism. Permit us to envision the clear purity of that holy light which shone the first Christmas Eve, causing all other lights to be seen in appropriate perspective. Move us with the profundity of a lowly crib in a barn, humble shepherds from the fields, and wise men from distant lands, all participating in the birth of messiah. Permit our gift-giving to be in the spirit of adoration and wonderment.

O God of the manger, become God of our minds, and Lord of our affections. Fill our hearts with kindness, our actions with caring, and our spirits with gentleness, so we might become more like you and more of whom we ought to be through the Prince of Peace. Amen.

By E. Lee Phillips

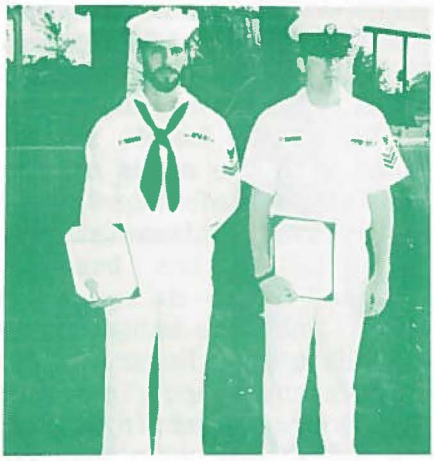
A perfect Florida day

Plenty of sunshine, medals, awards, certificates, and letters

Navy Achievement Medals

On 18 November, Captain Fout presented four Navy Achievement Medals. The four recipients were (left to right): HMC Francis Davidson, HMC James Ragsdale (for professional achievement at NavRegMedCen, Yokosuka), HM3 Paul Nerio, III, and HMC Rex Reeder.

Letters



Letters of Commendation were presented to HM2 Shawn Helton (from his former command, USS SAIPAN (LHA-2), and to HM1 Edward Wiley (from NavRegMedCen, Quantico, for his outstanding performance while on TAD to that command.)

Good Conduct Awards

Receiving Medals and Certificates were, (left to right - front row): HM2 Patricia Shockey, HM3 Evangelina Gomez, HM3 Elvethia Torres, HMCS Carolyn Buffum, HM3 Sheryl Handley, and HM2 William Macchi. (Back row): HM3 Roland Gosselin, Jr., HM3 Donald Evans, HM3 Frank Bolanos, HM3 Rex Brown, and HM3 Edward Ronan.

Certificates

Certificates from NASA were presented to staff members who volunteered for the Medical Support Teams for two different launches of the Columbia. Pictured (left to right) CDR Florencio Ello, MC, HM1 Tony Perez, LT Cheryl Smith, NC, LCDR Robert Russ, NC, HM3 Ernest Martinez, and LT Shirli Pollard, NC. Also receiving certificates, but not pictured, were CAPT Patrick Coleman and HM3 William Hyneman.

Master Shipwreck

HMCM(SS) R. C. Clements, USN

Looking for a new challenge?

If you are a highly motivated Hospital Corpsman, looking for an ideal stepping stone for advancement, job satisfaction and the opportunity to work independently in the health care field, then the challenge of becoming a Clinical Assistant awaits you!

The In-barracks Screening Clinical Assistant Program is designed to provide you, "the Hospital Corpsman," an opportunity to work in an independent capacity. There are nine divisions at RTC Orlando, seven of these divisions have Clinical Assistants working in an almost independent capacity along with the Company Comanders, Leading Chief Petty Officers of the divisions, and many members of the health care team. You can sense the esprit de corps while walking through the various divisions.

The CA program is a 5-week course designed to teach you to assess minor medical problems and provide the appropriate treatment and follow-up. It is a complete program of study covering clinical procedures and administrative areas which are comparable to the role of the independent duty corpsman in the Fleet. The role of the CA not only covers the clinical applications he or she will be involved with, it also allows the opportunity to get involved with administrative procedures such as medical record documentation, accountability, pharmacy, supply, preventive medicine, medical indoctrination, and management.

If you are looking for a job loaded with responsibility and one that gives you a tremendous sense of accomplishment, contact Chief Mize, X4791. The next CA Class is scheduled for January, 1983. So, if you are interested, act NOW!

Merry Christmas, Shipmates!

R C Clements

Command Master Chief Feature

Meet another of our Enlisted Advisors

HM1 Robert Gutho, Medical Repair, is the Enlisted Advisor for 15 junior enlisted personnel. Petty Officer Gutho is a 10 year Navy man and is married. He and his wife, Lynette, have three children: Dirk, 7 years old, Kent, 4 years old, and Trina, two weeks old! HM1 Gutho hails from the State of Michigan.

The following personnel are assigned to HM1 Gutho: HN Henry Carpenter, HA John Dalton, HN John Graham, HN Ronald Gregory, HM1 Mikie Grubbs, HM2 Frederick Gumminger, HM2 Andrew Hairl, HA Tomas Laureano, HA Guillermo Marquiez-Sterling, HR Patrick McCormack, HR Bryon Middour, HA Audie Murphy, HM3 Angel Otero, HR Steven Roberson, and HN Sylvia Wilber.

What a Christmas gift!

GIVE YOUR BLOOD!

The Navy Civilian Blood Bank needs fresh supplies for the Holidays. The Central Florida Blood Bank will visit the base, Wednesday, 15 December, from 0900 to 1400 - in the parking lot between Buildings 2070 and 2095 (across the street from Civilian Personnel).

Plan now to GIVE! Contact Jean Wood, X4514/5552.

CAPT Fout's Skipper-gram

It's in the bag!

What better time of the year to sit back, relax, think of the joys of the Holidays, and fantasize! If I could be Santa Claus, with that special mystical power for just one day, what a bodacious bag of gifts I might have. Let's just see what might be in that bag!

A large, gaily wrapped box of peace for the world.

A stocking full of cancer cures.

A very special blue and gold box filled with all the additional $'s and staff we need.

And, of course, lots of food and clothing and jobs for the needy.

Oh yes, there are endless beautifully wrapped boxes of love, understanding and patience for all.

There are hundreds of special little Christmas stockings with special 96's and a big bonus for each of my staff.

And, of course, thousands of boxes of "Smoking Cessation Pills" for those needy huffers and puffers.

Lastly, I see hundreds of boxes full of best wishes to the staff for a very Merry Christmas, a Happy New Year, and a safe trip to all our travelers.

Oh.... wait a minute .... there is one more gift down there in the bottom of the bag ..... I'll be darn! A new knee for me!!!!!!!!

CAPT Fout

CRA NOTES

By Joyce Lockwood

CRA Christmas Party

CRA cordially invites the NRMC Staff (civilian and military) to our annual "Christmas Open House." It's free! It will be at the CPO Club, Main Ballroom, 15 December from 1530 - 1900. Dance contests, door prizes, music by a "live" DJ, Hor D'oervres and punch plus a pay-as-you-go bar. Y'all come!

CRA BIRTHDAY GREETINGS TO: Monica Berg on 1 Dec; Debra Anderson and Joanne Barker on 3 Dec; Ruth Burke on 8 Dec; Margaret Caldwell on 10 Dec; Dolly Clayton on 12 Dec; Martha Hutton on 13 Dec; Judith Yarosh and John Sanders on 17 Dec; Kathryn Owens and Jean Rodarte on 18 Dec; Charlie Morgan and Mildred Robidere on 20 Dec; Pauline Woods on 21 Dec; John King on 22 Dec; Jean DeVinny and Michael Riley on 24 Dec; Marvin Atchley and Vita Fallon on 26 Dec; Mary Baley on 27 Dec; Lynne Bolstein and Vivian Walton on 28 Dec; and Mary Looney on 29 Dec.

CIVILIAN PERFORMANCE AWARDS FOR 3RD QUARTER, 1982

OUTSTANDING PERFORMANCE RATING (With Sustained Superior Performance)

Arrie O. Barnes, H-34
Emogene C. Heismann, H-32
Hannah R. Shavell, H-32
Mary I. Anthony, H-32
Richard P. McGuire, H-31
Mary Van den Heuvel, H-36

SUSTAINED SUPERIOR PERFORMANCE

Wilson R. Maddox, H-32
Robert W. Byrd, H-32
Corinne C. Partin, H-34
Roberta L. Cohen, H-35

Whooolzzit

MERRY CHRISTMAS !!! HO ... HO ... HO! It's Chief Santa Claus, HMC Chris L. Swan, Assistant Chief, Human

Resource Management Service. Chief Swan reported aboard 14 December 1981 from Naval Support Force, Anartica. Chief Swan is married and he and his wife, Fay, have a daughter, Kimberly, Age 7. The Chief is a 14 year Naval veteran and hails from the State of Michigan.